

Water Aerobics Schedule

January 2– March 6 (Subject to change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00AM							
11:00AM	Water Aerobics II <i>Judy</i>	Aqua-Tone <i>Sally</i>	Water Aerobics <i>Judy</i>	Aqua-Tone <i>Sally</i>	Water Aerobics II <i>Judy</i>	Aquatics for Seniors <i>Linda</i>	
12:00PM	Water Aerobics <i>Judy</i>	Aquatics for Seniors <i>Linda</i>	Water Aerobics <i>Judy</i>	Aquatics for Seniors <i>Linda</i>	Water Aerobics <i>Judy</i>	<div> <div></div> = Free to Members <div></div> = Discounted \$4 for Members, \$8 for Non-Members Please sign in at the front desk and get a number for each class. Please see class descriptions below. </div>	
1:00PM							
2:00PM							

Class Descriptions

Free to Members

Water Aerobics- Judy Kiriazis

Lunchtime Liberation is an hour of mid-day fun in the pool with high-energy water aerobics, resistance exercises, and relaxing stretches.

Aquatics for Seniors- Linda Weisberg

“Aquaerobics for Seniors” offers a safe and effective low-impact aqua aerobic workout. Each session will include a warm-up to loosen large muscles and joints followed by a cardio portion to raise the heart rate.

Discounted for Members (\$4 for members, \$8 for non-members)

Water Aerobics II- Judy Kiriazis

An intermediate Water Aerobics class packed with fun and variety. This class offers complex moves and challenging routines. Water shoes are required and water gloves are recommended.

Aqua-Tone- Sally Davidson

Aqua-tone is a great class for all ages, and for anyone who wants more strength and muscle tone. This class consists of alternating intervals of cardio-vascular workout, strengthening and toning movements.



150 S. 6th Street
Cottonwood, AZ 86326
928.639.3200
cottonwoodaz.gov/parksrec

Pool Hours

January 2– March 6 (Subject to change)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool Hours	7am–8pm	7am–8pm	7am–8pm	7am–8pm	7am–8pm	8am–6pm	9am–5pm
Lap Swim	7am–11am 1pm–3pm 5pm–6pm	7am–11am 1pm–3pm 5pm–6pm	7am–11am 1pm–3pm 5pm–6pm	7am–11am 1pm–3pm 5pm–6pm	7am–11am 1pm–3pm 5pm–6pm	8am–11am	
Recreational Programing	11am–1pm	11am–1pm	11am–1pm	11am–1pm	11am–1pm	11am–12pm	
Recreation Swim	3pm–8pm	3pm–8pm	3pm–8pm	3pm–8pm	3pm–8pm	1pm–6pm	9am–5pm

Additional Information

- During Recreational Programing hours- patrons under 18 are not allowed in the pool area unless participating in Recreational Programing (ex. swim lessons).
- Lap Swim
 - * The pool is open to all patrons except for the lap lane area of the pool.
 - * Lap Swim is offered in 30 minute increments and lap swimmers must sign-up at the front desk. Day of ONLY.



150 S. 6th Street
Cottonwood, AZ 86326
928.639.3200
cottonwoodaz.gov/parksrec